

*Shake off the winter blues and join us for ...*

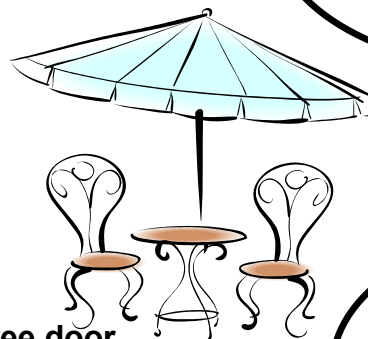
*The  
Evergreen  
Garden Club's  
Annual Open House*



**Saturday, April 27th  
11 am - 3 pm  
in our Community Hall**

Raffle tickets  
3 for \$1  
3 great chances to win!

Meet Garden Club  
members, get a seedling,  
and watch a transplanting  
demonstration!



**...don't forget to enter the free door  
prize draw and pick up your  
Garden Club membership, too!**

Bring  
your friends  
and enjoy free coffee,  
tea, and donuts on our  
"indoor patio"



# COUNTRY HILLS HOMES



**COUNTRY HILLS  
HOMES**  
by Parkbridge

Simply Affordable...  
Smart Living

Call Us Today!! 780-472-0082

**WE'VE MOVED!!** We are now located in the Community Office #724 Evergreen Community.

## QUALIFIED BUYERS

LOOKING FOR  
2 OR 3 BEDROOMS,  
1.5 OR 2 BATHROOMS,  
IN THE COMMUNITY

We Offer FREE  
Market Evaluations.  
Call Us Today!!



### Dear Home Owner,

We have numerous clients, which are **QUALIFIED BUYERS** that are seriously interested in purchasing a home in your area. They love the area because it is close to their work and family. They also enjoy the family friendly atmosphere, and the amenities available within the community.

They are looking for a 2 to 3 bedroom home, and would prefer a garage, if there is no garage that would be fine. They are willing to pay **TOP MARKET VALUE**; they are also flexible on the possession date.

If you've been thinking about moving, this may be the right time. Please give us a call.

**EVERGREEN OFFICE**  
780-472-0082

*\*This is not intended to solicit homes already listed*

### PRE-OWNED HOMES IN THE COMMUNITY OF EVERGREEN



#### 20 EVERGREEN AVE

- 3 Bedrooms
- 2 Full Bathrooms
- 1100 SQ FT
- 10' x 12' Deck
- Built in China Cabinet

**\$87,500**



#### 442 PINE CONE PLACE

- 2 Bedrooms
- 1 Bathroom
- 864 SQ FT
- 4 Appliances
- Large, Fully Fenced Yard

**\$57,500**



#### 297 JUNIPER STREET

- 2 Bedrooms
- 2 Bathrooms
- 1056 SQ FT
- Garden Shed
- Gazebo
- Fully Fenced Yard

**\$132,900**



#### 509 RAVINE ROAD

- 3 Bedrooms
- 1 Full Bathroom
- 1000 SQ FT
- Central Air Conditioning
- 5 Appliances
- Partially Covered Veranda

**\$91,500**

### CALL OR EMAIL TODAY

**PATRICIA ZINGLE**

Evergreen Sales Office: 780-472-0082  
Maple/Oak Ridge Sales Office: 780-440-3160  
E: pzingle@countryhillshomes.com

**WE ARE YOUR ON-SITE  
MANUFACTURED HOME EXPERTS!**



#### 139 EVERGREEN DRIVE

- 3 Bedrooms
- 2 Full Bathrooms
- 1216 SQ FT
- 5 Appliances
- Large Back Yard

**\$72,500**

People Come To Us! We Know Your Community. Call us today! 780-472-0082

Greetings from the Garden Club to everyone in the community. March buried us in snow and spring still seems a long way off. It's a stretch, but the silver lining is that all this snow can benefit your house plants! Put a big tub outside and shovel in the snow. Bring the tub in and spoil your plants rotten with a special drink when the snow melts.

So why is snow water (or rain water) better than tap water? Well, tap water contains unnatural dissolved minerals and very few nitrates, the form of nitrogen that plants absorb easily. Snow water has less minerals, more nitrates, and it's free.

Our guest speaker for March was Bill Drake from Golden Greenhouses (in Devon, just across Highway 60 from the Devonian Gardens). Bill's presentation was peppered with interesting facts and took members through many excellent annual performers. He went into great detail describing where petunias have gone in the last few years and we all left knowing a lot more about the dif-

ference between a wave petunia, a supertunia and a potunia. Many species were introduced and evaluated in his colourful slide presentation. The Garden Club would like to thank him again for a marvelous evening and the "Mexican Hat" parting gifts.

The Evergreen Garden Club is a vibrant group of people of all ages who share a love of growing things. Some members have perennial paradises that require full-time attention, and others have one container on the deck that they treasure. There's always room for you! Please call Mary at 780-406-5710 to get your \$10 annual membership today!

Our next meeting will be April 15<sup>th</sup> at 6:30pm in the Community Hall. Our topic will be *Birds in Evergreen* and our speaker will tell us how to spot different varieties and what plants we can put in our gardens to attract our favorites.

Please join us for our Annual Open House at the Community Hall on April 27<sup>th</sup> from 11am-3pm.



Meet Garden Club members, see what the club is about, and enjoy free coffee, tea and donuts in a spring atmosphere. Don't forget to enter to win the door prize!

***Join the club, meet new friends, share a few laughs, and go home feeling good.***

**FREE FAMILY LAW** / Information Sessions  
Hosted by Edmonton Community Legal Centre  
Free presentations by Family Law Lawyers Thursday evenings.

. **Child Custody and Access**

Apr 18, May 16, Jun 20.

. **Child & Spousal Support**

Apr 25, May 23, Jun 27.

. **Property Issues**

Apr 4, May 2, Jun 6.

. **Court Procedure and Evidence**

Apr 11\*, May 9, Jun 13.

**No registration necessary!** Time: 6:30 p.m. - 8:30 p.m.

@ Centennial Room, Basement, Stanley Milner Library  
7 Churchill SQ. / Room 27 on the 6th Floor.

Information: [CEwasiuk@eclc.ca](mailto:CEwasiuk@eclc.ca) / [www.eclc.ca](http://www.eclc.ca)



An enthusiastic group of Evergreen leprechauns hope you had an amazing St Patrick's Day! We sure did!



Evergreen Skating Rink Staff

Thank you for supporting our rink over a very sketchy season! We enjoyed serving you, when the weather cooperated! See you next winter!



**“Oh No Winter’s HERE!”**

**Need to replace that old Furnace?**

**Furnace replacement for Mobile Homes**

- 80% & 95% Efficient models
- Prompt courteous professional installation
- **Free Estimate**



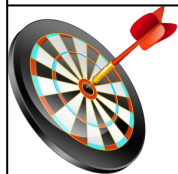
**Just need your Furnace Serviced?**

We Service, Repair and Tune up all Brands.

**(780) 449-4761**



## Some Benefits of Membership: all at EECA Hall

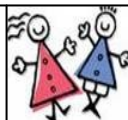


**Evergreen Adult Dart League**

Regular Play: Wednesdays  
@ 7 pm

**Evergreen Adult Cribbage Drop In**

Regular Play: Thursdays @  
7 pm



**Evergreen TOTS**

Wednesdays @ 10 am

**Evergreen Garden Club**

Every 3rd Monday @ 6:30 pm



**Evergreen TOPS**

Every Sunday night @ 6:45 pm



Remember: Your EECA membership allows you to attend the free community league swim Saturdays 2—4 at Londonderry Pool and Sundays 2-4 at ACT.

*Show your card!*

Spring at last! But we all know that living in Alberta we are not finished with the snow yet.

I've been told that in some places in BC tulips and daffodils are poking their heads up already. I don't know about you, but with all the snow I have on top of my daffodils, I'll be lucky if I see them in June!

Pictured to the right are some of our members playing bingo, and below, some of our male members playing pool on our new table. They play every morning from 10 a.m. to noon.

This month we are having Denis' favourite, an omelette breakfast. Senior members we urge you to come. Let us know if you are coming by calling Agnes at (780)473-7226. You don't want to miss this!



*Bingo Anyone?*

**\*Seniors Group memberships are due April 1st**

## Calendar:

- April 3rd - Meeting at 7 p.m. with Bingo to follow
- April 10th - Bingo 7 p.m.
- April 13th—Omelette Breakfast 10 a.m.
- April 17th—Bingo 7 p.m.
- April 24th—Crib 7 p.m.



Quilters  
&  
Crafters  
Meet

Every Tuesday  
from 1 pm— 4



Individual or small  
business taxes  
prepared (no  
corporations)

Reasonable rates

Call Linda @ 780-474-8211

Free Removal of  
Unwanted Vehicles  
City Wide and  
Surrounding Area

# SOLO Towing

WHEEL LIFT • WINCHING  
BOOSTING • DOLLIES

**780.952.1820**

Chris Knudson





# Edmonton Evergreen Community Association is successful in obtaining a grant for upgrades to our facilities



Al Innes, Treasurer of the EECA and instrumental in the successful bid for matching government funds to ensure the success of our proposed upgrades to our facilities, accepted a cheque from the Honourable Tim Uppal on behalf of the Federal Government on Friday, March 15th. Al said "Honoured guests, ladies and gentlemen: On behalf of the Board of Directors and the members of Edmonton Evergreen Community Association, I would like to thank the Honourable Tim Uppal, Minister of State for Democratic Reform, and the Federal Government for this amazing news.

We can now move forward with upgrades and renovations that we've had to put off until funding could be realized. At last year's Annual General Meeting, we advised you that we had earmarked \$45,000 for the installation of air conditioning in the hall during the coming year and to complete some minor renovations with the remaining dollars. Now, thanks to the infusion of a matching \$45,000 from the Community Infrastructure Investment Fund, we can complete upgrades to our hall, Seniors' Centre and major renovations to our Skating facilities to ensure it is useful year round. We are honoured to have this commitment from our federal government to ensure you have

facilities that are available to all residents and will provide them with an enjoyable experience. Evergreen is unique in that it is the only private property Community hall in the city. Although we do receive support from the city in provision of an operating grant and various city resources such as community services, because of our uniqueness we do not qualify for the Community Infrastructure Grant. With the outstanding support of our City Councillor, Ed Gibbons, and our Community Recreation Coordinator, Norma Lornicz, we have continued to meet community needs and provide, to the best of our ability, programs that keep pace with the ever changing demographic and dynamic needs of our community residents. However, time is catching up on our facilities and the bandaied solutions we have been providing over the years are no longer sufficient to provide you with safe and comfortable facilities. Together with the monies we had targeted and the federal infusion we can now work towards providing quality facilities for utilization year round and for years to come.

As everyone is well aware, a new area structure plan has been approved for the northeast and will impact greatly on Evergreen and Horse Hill. Thanks to

this funding infusion we will be ready for this growth. We are extremely proud of the continued great history of this Community League and its constant striving to provide quality programs and events to ensure a high quality of life and sense of ownership for all residents. Evergreen can be proud that it is one of the best communities and Community Leagues in the City.

Again, our sincere thanks to the Honourable Minister for this astounding announcement and we look forward to your attendance at some of our upcoming functions. I would also like to thank Ed Gibbons and you ladies and gentlemen for attending this auspicious occasion. I would like to call upon the Minister and Ed to unveil the sign that will be placed in a suitable location to honour the partnership between our community league, our Member of Parliament and the federal government."

Some of the planned improvements include upgrading electrical to install more outlets and new lights; installing air conditioning and improvements to the stage area.





# Evergreen Youth Express





The Association for Evergreen Youth

Parents Please

**April 2013**

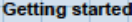
Note:

It was recently brought to our attention by a number of children who showed up at the Youth Centre for the free swim that the concept may have been misconstrued. Through EFCL (Edmonton Federation of Community Leagues) Londonderry pool provides free access to community league members on Saturdays from 2 - 4 p.m. This is NOT an Evergreen program nor an Evergreen Youth Centre program. This is an opportunity for families who are community league (in our case EECA) members to enjoy a swim at no cost by showing their membership card at the facility. Sorry for the confusion.



Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed	Getting the right fit
<ul style="list-style-type: none"><li>• Wearing a helmet while cycling can prevent a serious injury or save a life.</li><li>• Brain injuries can cause permanent disability or death.</li><li>• Reduce your risk by always wearing your helmet.</li><li>• Replace any helmet that has been involved in a crash, even if it appears undamaged.</li></ul>	<ul style="list-style-type: none"><li>• Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.</li><li>• When worn properly, helmets should fit level, not tilted up or down over the forehead.</li><li>• Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.</li><li>• Adjust the chin straps to form a "Y" below and slightly forward from the ears.</li><li>• Only one finger should be able to fit under the chin strap when it is fastened.</li><li>• Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.</li></ul>



<ul style="list-style-type: none"><li>• Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.</li><li>• Start the habit early. Young children learning to ride tricycles need to wear helmets.</li><li>• Parents must lead by example: always wear your own helmet when cycling.</li></ul>
--

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## EVERGREEN YOUTH CENTRE PROGRAMS FOR APRIL 2013 (depending on staff availability)

1. After School Inc (Mon/Wed/Fri 3:30—6 p.m. excluding Easter Monday)
2. Boy Zone (Thurs 5—7 p.m.)
3. Girl Zone (Wed 6—8 p.m.)
4. Karate (Sunday 3 p.m. Tues 6:30 p.m. at the EECA Hall)
5. Kid Zone (Thurs 2:30—5 p.m.)
6. On the Right Track (Tues 3:30—5:30 p.m.)
7. Gentlemen of Evergreen (Sat 3—10 p.m.)

Make sure your membership is up to date and that your child/youth is registered in the program(s) he/she is interested in participating in. We need your help to increase the numbers of participants in all of these programs in order to continue to secure funding to operate the Youth Centre and in order to continue to offer these programs to the children and youth of Evergreen and the surrounding area.

# April 2013

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

	<b>1</b> EASTER MONDAY NO PROGRAM	<b>2</b> On the Right Track 3:30— 5:30 pm Karate 6:30 pm	<b>3</b> After School Inc 3:30—6 pm Girl Zone 6-8 pm	<b>4</b> Kid Zone 3:30- 5 pm Boy Zone 5—7 pm	<b>5</b> After School Inc 3:30—6 pm	<b>6</b> Gentlemen of Evergreen 3— 10 pm
<b>7</b> Karate 3 pm  Reminder: fees are due!	<b>8</b> After School Inc 3:30—6 pm	<b>9</b> On the Right Track 3:30— 5:30 pm Karate 6:30 pm	<b>10</b> After School Inc 3:30—6 pm Girl Zone 6-8 pm	<b>11</b> Kid Zone 3:30- 5 pm Boy Zone 5—7 pm	<b>12</b> After School Inc 3:30—6 pm	<b>13</b> Gentlemen of Evergreen 3— 10 pm
<b>14</b> Karate 3 pm	<b>15</b> After School Inc 3:30—6 pm	<b>16</b> On the Right Track 3:30— 5:30 pm Karate 6:30 pm	<b>17</b> After School Inc 3:30—6 pm Girl Zone 6-8 pm	<b>18</b> Kid Zone 3:30- 5 pm Boy Zone 5—7 pm	<b>19</b> After School Inc 3:30—6 pm	<b>20</b> Gentlemen of Evergreen 3— 10 pm
<b>21</b> Karate 3 pm	<b>22</b> After School Inc 3:30—6 pm	<b>23</b> On the Right Track 3:30— 5:30 pm Karate 6:30 pm	<b>24</b> After School Inc 3:30—6 pm Girl Zone 6-8 pm	<b>25</b> Kid Zone 3:30- 5 pm Boy Zone 5—7 pm	<b>26</b> After School Inc 3:30—6 pm	<b>27</b> Karate Tournament in Lloydminster 9 am  Gentlemen of Evergreen 3— 10 pm
<b>28</b> NO KARATE	<b>29</b> After School Inc 3:30—6 pm	<b>30</b> On the Right Track 3:30— 5:30 pm Karate 6:30 pm	Friend EvergreenYouth Tafey on facebook to be invited to upcoming programs and events. Watch our page for updates at <a href="https://www.facebook.com/tafey1996">https://www.facebook.com/tafey1996</a>			



# Hello hello,



I hope everyone has been keeping well despite the big drop of snow we received in the middle of March. Once again, my name is Isaac Tyler, I am one of the leaders at the Saturday Youth program for teen boys aged 12-17, I work with my good friend Adam Ward. The purpose for these articles is to keep you (the community) informed as to what we do at the Youth Centre and why it is so important for these youth that are really growing into great young men. So, why not hear from the youth themselves? Below is an interview with two of the Gentlemen of Evergreen, enjoy!

I've made a lot of friends here. It's nice to see them every week.

**What is your current Nerf Ranking? (For those of you who do not know, we do indeed keep track of our stats. For example, shooting an opposing player counts as one point) #1**



**State your name.** Tyrus. **Age?** 15.

**What school do you attend?** Vimy Ridge Academy

**How long have you been attending Saturday program?** Since I was in Grade 8 (3 years)

**What is your favourite activity that we do?** Nerf.

**Can you think of the best Saturday we've had?** The day we went go-karting at Whitemud Amusement park.

**What is your favourite thing that we have cooked so far?** A tie between homemade pizzas and Asian Theme cooking day.

**What makes you keep coming back?** I'm really interested in youth leadership and I'm learning a lot from this program.

**Current Nerf Ranking?** #5

## CURRENT TOP 5 NERF RANKINGS:

**Tyler A 163**

**Ryan P 149**

**Adam W 144**

**James B 116**

**Tyrus B 101**



**State your name.** Tyler Atkinson. **Age?** 17.

**What school do you attend?** M.E. Lazerte.

**How long have you been attending Saturday program?**

Since inception (3 years)

**What is your favourite activity that we do?** Frizz.

**Can you think of the best Saturday we've had?** The first time we did Nerf in teams, outside.

**What is your favourite thing that we have cooked so far?** Hamburgers from scratch.

**What makes you keep coming back every Saturday?**

Isaac

**Gentlemen of Evergreen April Program Plan: All boys aged 12 to 17 years are invited to join Adam and Isaac at the Youth Centre every Saturday for a long day of FUN!**

Time	Week 1	Week 2	Week 3	Week 4
Date:	April 6	April 13	April 20	April 27
3:00	Greet & Weekly Share	Greet & Weekly Share	Greet & Weekly Share	Greet & Weekly Share
3:30	Bottle Drive	Bottle Drive	Bottle Drive	Bottle Drive
4:30	Lounge time/Warm up	Lounge time/Warm up	Lounge time/Warm up	Lounge time/Warm up
5:00	Video Game Day	Young Chefs (homemade chili/ sloppy joes)	Bowling	Nerf—one in the chamber
7:30	Kids Supper Break/Free Time	Young Chefs (homemade chili/ sloppy joes)	Bowling	Kids Supper Break/Free Time
8:15	Squad nerf battles (3v3)	Floor pong	Bowling	Ice Soccer & Recon
9:30	Mexican Volleyball & Clean Up	Mexican Volleyball & Clean Up	Mexican Volleyball & Clean Up	Mexican Volleyball & Clean Up

## Diamond Heating & Air Conditioning

Furnace Replacements/Air Conditioning  
Parts & Service

Coleman, Intertherm, Miller, Beach & more...

We carry most **parts on hand** so if your furnace goes down, we will get your furnace fixed right away!

*Specializing in mobile homes*

### DIAMOND HEATING & AIR CONDITIONING LTD.

**RYAN KEANE**

Ph: (780) 929-2422

♦ Furnace Replacements  
♦ Air Conditioning  
♦ Sales, Service & Installation  
♦ Residential & Commercial

[www.diamondheating.com](http://www.diamondheating.com)  
[info@diamondheating.com](mailto:info@diamondheating.com)



## 780-929-2422

*Our Annual Volunteer Appreciation Brunch is coming up. If you haven't received an invitation by March 31st but you feel you should have, please give Alice a call at 780-413-8248. We do not want to miss inviting any of our valued volunteers! This event is for EECA AND Youth Centre volunteers.*

## KORA RENOVATIONS

Complete Interior Renovations.  
Tile Installation is our speciality.  
We have over 35 years experience.  
References available.

Call Bruce at

## 780-242-5915



Need your walk or parking  
pad shoveled?

## Call Larry

## 780-472-9683

**Reasonable Rates**



## Women's Lacrosse

Open to women 21+  
Experienced or Not – all are welcome

*Try it out and see if lacrosse is YOUR Game*

- ✂ Coached skill development.
- ✂ Cardio workouts and exercise.
- ✂ Games and competition.
- ✂ Healthy, active fun!

Even if you've never played before, the game is easy to learn and the skills develop quickly. It's a popular sport for adults who want a new way to get some exercise and have some fun. Beginners welcome.

Send an email to: [laxisbest@shaw.ca](mailto:laxisbest@shaw.ca) and get the registration info directly to you

Got questions? Call Sharon @ 780.902.6067 or Michele @ 780.571.1977

Women's Masters Lacrosse requires minimal equipment (helmet with cage, gloves, and stick are mandatory with slash guards recommended). There is no deliberate body contact or hitting. This is box lacrosse so all games are played indoors over a 12 week spring season in arenas and soccer centres throughout Edmonton.

Women's Masters Lacrosse in Edmonton is affiliated with the Edmonton Masters Lacrosse League <http://edmontonmasterslacrosse.ca>.



# Mobile Home Furnace Experts

## Furnace Replacement Experts

Update to a safer more economical furnace  
80% & 95% efficient models  
**Free Estimates**

## Furnace Repair Experts

Prompt Courteous Service  
We warranty all our parts and labour  
We repair all furnace brands including:  
**Coleman – Intertherm- Miller –Beach**



**GLOBAL**  
HEATING  
SERVICES

**(780) 449-4761**  
**24 Hour Emergency**



31 Evergreen Park NW  
Edmonton, AB T5Y 4M2  
Phone: 780-473-6962



[www.eeca.ca](http://www.eeca.ca)

"Like" us on Facebook at <http://www.facebook.com/EvergreenCommunity>

**AND**

<http://www.facebook.com/tafey1996>



The  
Association For  
Evergreen Youth

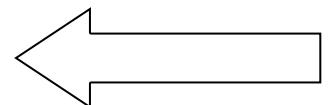
38 Evergreen Park NW  
Edmonton, AB T5Y 4M2  
Phone: 780-413-8248

To advertise in this publication contact the editor at [tafey@shaw.ca](mailto:tafey@shaw.ca) (or call 473-3535) by the 20th of the month preceding when you want your ad published.

- Business Card Size \$15
- 1/4 page \$25
- 1/2 page \$50
- Full Page \$100



Our hall is available to rent.  
Call 780-473-6962 for details.





## Family & Friends –

### How to Help Someone Impacted by Family Violence

#### 4 Workshops Available:

Tuesday, April 23<sup>rd</sup>:

6:30pm – 8:30pm

Wednesday, April 24<sup>th</sup>:

1:00pm – 3:00pm

Thursday, April 25<sup>th</sup>:

9:30am – 11:30am

Thursday, April 25<sup>th</sup>:

6:30pm – 8:30pm

(This workshop will be in French)

There is no cost to attend a workshop however space is limited therefore RSVP is required.

For more information or to register, call 780-455-6880 or by email

[info@thetodaycentre.ca](mailto:info@thetodaycentre.ca) or

through our website

[www.thetodaycentre.ca](http://www.thetodaycentre.ca)

Are you worried that your friend or family member is in an abusive relationship?

Do you want to learn about warning signs and how to respond?

Do you want to know about the resources and services available to help?

Edmonton, Alberta  
Phone: 780-455-6880 Fax: 780-455-9036  
[www.thetodaycentre.ca](http://www.thetodaycentre.ca)



### Chicken and Dumpling Casserole

The secret of this is not to stir anything. That's what makes your dumplings. When you dish it out, you have your dumplings on top.

#### Ingredients:

- 2 chicken breasts, cooked and shredded
- 2 cups chicken broth
- 1/2 stick of butter
- 2 cups Bisquick
- 2 cups whole milk
- 1 can cream of chicken soup
- 3 teaspoons of chicken granules
- 1/2 teaspoon dried sage
- 1 teaspoon black pepper
- 1/2 teaspoon of salt or more to taste

**YUM!**

#### Directions: Preheat oven to 350 degrees.

- Layer 1 - In 9 x 13 casserole dish, melt 1/2 stick of butter. Spread shredded chicken over butter. Sprinkle black pepper and dried sage over this layer. Do not stir.
- Layer 2 - In small bowl, mix milk and Bisquick. Slowly pour all over chicken. Do not stir.
- Layer 3 - In medium bowl, whisk together 2 cups of chicken broth, chicken granules and soup. Once blended, slowly pour over the Bisquick layer. Do not Stir.
- Bake casserole for 30-40 minutes, or until the top is golden brown

Did you know that the BBQs held at virtually every community event in Evergreen are fundraising events for our Youth Centre? Do you know how fortunate our community is to have such a facility?



Phone: 472 9959  
33 Evergreen Mobile Home Park

RR Auto, your friendly neighborhood service station where the coffee is on and our licensed technicians are available to service your car or truck. Keeping your vehicle tuned up is a good way to save money at the pump and prevent costly repairs down the road.

- Tire changes and repairs
- Service to most cars and trucks.
- New car warranty approved products

Call 780-472-9959 to book your appointment now, before you break down because after would be no fun.

# Evergreen TOTS

Evergreen's T.O.T.S. (Time Out To Socialize) program is a FREE\* drop-in "playdate" for kids 0-5 and their moms, dads, grandparents, or guardians. Even dayhomes are welcome!



- Where? At the Evergreen Community Hall in the strip mall
- When? Every Wednesday, 10am-noon
- What? Coffee for the parents, snacks for the kids, and an entire hall full of toys.
- Why? Give parents a break, and give kids a chance to burn off some steam!
- Who? Approximately 8-10 parents and 15-20 children currently attend.

This month we are having a special Easter Party on April 3<sup>rd</sup>. No registration necessary.

For information on the party or other TOTS information, "like" our facebook page:

"Edmonton Evergreen Community Assoc TOTS"

\*TOTS asks that you purchase a \$20 annual Evergreen Community Association membership to thank them for donating their space and their money to our program. Exceptions can be made for those in financial difficulty. Please do not stay away from this great program because you can't afford the \$20.

**New this year:** Since so many of our kids walk to TOTS, we will NOT be having the program on any days where the temperature, including wind chill, is -25°C or below. For example, if it is -19°C, but -25°C with the wind chill, the program will not be available that morning.

Please call our Community Association office at 780-473-6962 if you have any questions about this program.



## FREE Financial Literacy Program January 2013-April 2013



EVENING Groups		
<b>YOUTH ONLY Group</b> Tuesday after school:	*Held at Youth Attendance Centre ongoing intake	4:00pm-7:00pm
<b>WOMEN ONLY Group</b> Monday evenings:	**Held at Edmonton John Howard Society, 101, 10010 - 105 Street January 28, 2013 - April 15, 2013 *ongoing intake	6:00pm-9:00pm
<b>MEN ONLY Group</b> Thursday evenings:	**Held at Edmonton John Howard Society, 101, 10010 - 105 Street January 17, 2013 - March 21, 2013 *ongoing intake	6:00pm-9:00pm

DAYTIME for Men and Women		
Day 1: Budgeting & Wise Spending	Jan. 21, Feb. 11 or 25, Mar. 11 or 25, Apr. 8 or 22	8:30am-3:30pm
Day 2: Banking, Saving & Investing	Jan. 22, Feb. 12 or 26, Mar. 12 or 26, Apr. 8 or 23	8:30am-3:30pm
Day 3: Credit & Debt Management	Jan. 8, Feb. 19, Mar. 4 or 18, Apr. 2, 15 or 29	8:30am-3:30pm
Landlord & Tenants: Rights & Responsibilities	Jan. 24, Feb. 5, Mar. 19, Apr. 16	8:30am-12:00pm

**NOTE: ALL groups are eligible for community service hours**

### Call to Register:

Edmonton John Howard Society  
101, 10010 - 105 Street  
Edmonton, AB T5J 1C4  
Phone: 780-428-7590  
www.johnhoward.org



**Join us to  
help make  
Spring Fling  
(Saturday, May 25th)  
a successful  
day of fun for  
everyone!  
Call 473-6962 to  
volunteer TODAY!**

St. Michael's Health Group's

# This is Home

Fundraising Breakfast

Please  
Join Us!



Friday, May 3, 2013

7:30 am - 8:30 am

Heritage Hall

7406-139 Ave

Tickets \$35 each or a table of 8 for \$250

Call 780-472-4507 or email [sliimatainen@smhg.ca](mailto:sliimatainen@smhg.ca) to purchase. Tickets also available at St. Michael's Long Term Care Centre's main reception.

## Bring A Friend

Help enhance the lives of the seniors we care for!  
Your support will help fund equipment, activities, programs and services for our elderly.



TAKE OFF POUNDS SENSIBLY

fees.

TOPS Club, Inc. is the original, non-profit, weight-loss support and wellness education organization. Our program is scientifically proven and has helped millions over the last 60+ years. TOPS promotes successful, affordable weight management with a hands-on pounds-off ® approach that combines:

1. Healthy eating
2. Regular physical activity
3. Wellness information
4. Awards and recognition
5. Support from others at weekly chapter meet-

ings

Weekly meetings provide a supportive, educational environment where people are encouraged and not judged. If face-to-face meetings aren't your style or if you can't find a meeting that fits your schedule, you can be an online member and still take advantage of our experts' tips and our many print and online materials.

Our meetings start with a weigh in at 6:45 every Sunday at the EECA Hall (except for the 1st Sunday of the month when we meet next door at the Senior Centre.)

March 31st	MEETING CANCELLED
April 7th	Weigh in only
April 14th	Zumba (wear comfortable clothes)
April 21st	Program
April 28th	Bingo/Fruit Basket





## Errant 911 calls continue to clog up emergency lines

The Edmonton Police Service is launching the 2nd phase

of a year-long campaign, asking the public to "make the right call."

Approximately 60% of all calls to 911 that are not emergencies continue to flood and hold up 911 operators.

"This continues to be a concern for the EPS, because someone with a real emergency is made to wait for help," says Insp. Blair Edl who is in charge of the Police Dispatch and 911 Section. "After we launched the 1st phase of our campaign in Nov, we saw a slight decrease in the number of errant calls to 911 for about 2 weeks. In Dec, the calls went up again, and that same trend is continuing again this year."

In 2012, a total of 379,917 calls came into 911, and a staggering 244,929 were not emergencies; that's more than 64 %!

In Jan, 28,186 calls were made to 911, and 17,628 (62%) were not emergencies. Between Feb. 1 and Feb. 20 of this year, 18,290 calls were answered by 911 operators and 11,524 (63%) were non-emergencies.

The majority of these calls come from citizens who don't know the difference between an emergency and a non-emergency, and pocket dials; most of the calls are made from mobile phones. Other errant 911 calls include accidental calls from unregistered phones usually given to children as toys, prank

calls, and users trying to call long distance, or phone numbers that require the caller to first dial the number 9.

To make it easier for citizens to figure out when to call 911 and when to call the non-emergency line (780-423-4567 or #377 from a mobile phone), the EPS is mailing out a brochure this week to each home and business in Edmonton.

"It's a simple and easy to read brochure that tells you when you should use 911 and when you should use the non-emergency line. We hope Edmontonians will hang the brochure up on their fridge, or keep it close by their phones, or even maybe put it in their vehicle so they always have it on hand when on the go," says Kim Pudde, EPS 911 Supervisor.

The brochure also tells residents what they should do if they accidentally call or "pocket dial" 911.

"The most important thing to remember is, please don't hang up. You won't get in trouble. Just stay on the line and let the operator know that you don't need help," says Pudde. "If you hang up, the police may need to respond to your call, which could take time and resources away from someone with a real emergency."

Edmonton residents will also see campaign posters and ads in LRT stations, on LRTs and on buses over the next few weeks.

"We are asking all residents of Edmonton to know the difference

between an emergency and a non-emergency, and when it's appropriate to call 911. By making the right call, you may literally be helping save a life," says Pudde.

### WHEN TO CALL 911

- Life threatening situations (including medical and fire)
- Crimes in progress
- Don't wait. Call immediately

### WHEN TO CALL #377 (from a mobile phone only) OR 780-423-4567

- You see suspicious persons or activity
- Your vehicle was broken into, or property vandalized
- A non-violent crime was committed
- You were in a collision, but aren't injured, and your vehicle isn't driveable

### DIALED 911 ACCIDENTALLY? DON'T HANG UP!

- Stay on
- know that you don't need assistance

For more information visit [www.edmontonpolice.ca/377](http://www.edmontonpolice.ca/377)





**Memorial & Traffic SAFETY FUND**

**SATURDAY, APRIL 27, 2013**  
 9:00AM – 12:00PM at Concordia University College  
 family programs | prizes | register early for a free bbq & hat\*  
\*see the www.runningroom.com website for details

**Running Room** sign up today at [www.runningroom.com](http://www.runningroom.com)  
 for information contact us [www.TrafficSafetyConference.com](http://www.TrafficSafetyConference.com)  
 Edmonton's International Conference on URBAN TRAFFIC SAFETY

**5K walk/run - 10K run - 10K ride**

**Prizes**  
 Net Proceeds from this race benefit The MEMORIAL AND TRAFFIC SAFETY FUND. This fund allows family and friends to create a lasting legacy for victims of traffic collisions.

**Family programs**

**Giveaways**

**City of Edmonton**  
**Office of Traffic Safety**

**ICOR**  
**International Conference on Urban Traffic Safety**

**f t**



The Alberta Cancer Foundation is a movement of everyday heroes who honor those lost to cancer, stand with those facing cancer, and build a better future free from cancer. We are asking you to step up and be one of those heroes!



Does your baby have the cutest smile ever?

## Baby Models and Children Models Needed for Alberta Cancer Foundation Calendars

Ages New Born to 5 years old

Contact Lisa or Lowell at L&L Studios

**780-637-0131**

Do you belong to a mom's group, sports group, kids club or community organization? We are looking for groups to help us sell calendars as split fundraising effort. Help us raise awareness about the programs run through the Alberta Cancer Foundation. Visit [www.albertacancer.ca](http://www.albertacancer.ca)

Calendars presented by L&L Studios [www.lstudios.org](http://www.lstudios.org)

Home Studio located at 9630 182 Street West Edmonton

Booking by appointment only

City of Edmonton



### Office of Traffic Safety, Community Traffic Safety Award

The City of Edmonton has created the Community Traffic Safety Award to recognize community members who have contributed to traffic safety initiatives in their community, through their community league or as part of a larger city traffic safety initiative. The Traffic Safety Award is specifically tailored to recognize Edmontonians who have demonstrated personal commitment to trying to improve traffic safety in the City of Edmonton. In general, those recognized for the award have an accumulated history of involvement and shown leadership in traffic safety.

**History:** The City of Edmonton hosts an annual International Urban Traffic Safety Conference, generally held in late April or early May. In 2012, The City of Edmonton Office of Traffic Safety instituted the Community Traffic Safety Award for recognizing community members who have had or were contributing to the improvement of traffic safety. The two initial recipients were presented their awards as part of a City Council Protocol item prior to the Traffic Safety Conference. Designed as an annual award, nominations are presently open for any community member(s) who meet the following criteria:

- A demonstrated personal commitment to traffic safety
- In a non-paid or volunteer capacity
- Accumulated history of involvement in traffic safety (minimum 3 years)
- Support traffic safety initiatives to improve community quality of life

**Nominations:** Nomination of potential recipients can be made via email to the Executive Director of the City of Edmonton, Office of Traffic Safety, Gerry Shimko at [Gerry.Shimko@edmonton.ca](mailto:Gerry.Shimko@edmonton.ca) by March 31, 2013. The nomination should include the name of the nominee, contact information, and a descriptive narrative outlining how the nominee(s) meet the above noted criteria. Nominees will be reviewed by a committee chaired by the Executive Director of the City of Edmonton Office of Traffic Safety. Award winners will be notified prior to the International Traffic Safety Conference. The decision of the review committee is final.



### 30 REASONS TO WALK!

- 1 - Helps prevent heart disease
- 2 - Reduces the risk of some types of cancer
- 3 - Helps prevent osteoporosis
- 4 - Lowers blood pressure
- 5 - Helps maintain healthy cholesterol
- 6 - Reduces the risk of pre & type 2 diabetes
- 7 - Reduces the risk of heart attacks
- 8 - Reduces the risk of stroke
- 9 - Boosts bone density
- 10 - Burns calories
- 11 - Makes us feel happier and more relaxed
- 12 - Helps us sleep better
- 13 - Introduces us to others
- 14 - Is an ideal form of transportation
- 15 - Is a great way to get to know your community and explore new ones
- 16 - Puts us in touch with the natural world
- 17 - Is good for the environment
- 18 - Reduces vehicle congestion
- 19 - Improves our posture
- 20 - Nordic walking engages 90% of the muscles in the body
- 21 - Walking can save us time: no more traffic jams or hunting for parking
- 22 - Saves us money (no gas to buy, parking tickets to pay, etc.)
- 23 - Helps us feel less anxious
- 24 - Gives us more energy
- 25 - Improves mental health
- 26 - Requires nothing but shoes (and even those aren't essential!)
- 27 - It's FREE!
- 28 - It's FUN!
- 29 - It can be done almost anywhere (including in the water)
- 30 - It brings us closer to those we enjoy it with.

[www.participACTION.com](http://www.participACTION.com)

### Upcoming Opportunities for YOU to Help!

Call 780-473-6962 to see what bingo events EECA has this month and to see how you can help.

Have a couple of hours to help it run smoothly?  
Call the EECA office at 780-473-6962

TAFEY Call 780-413-8248 if you can help with either bingo or the casino, or make sure you play on those days. Proceeds help support the extensive children's programming we enjoy in our community.

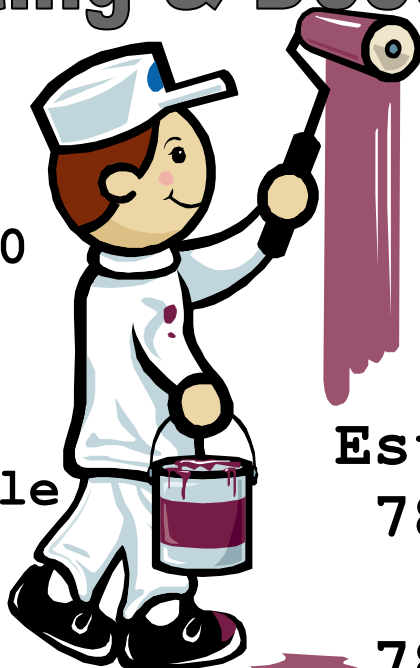
To help with the Youth Centre BBQ fundraiser at Spring Fling, call 780-413-8248

Want to help plan and implement our Spring Fling event May 25th?  
Have ideas for activities?



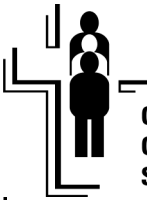
## Rene's Painting & Decorating Ltd.

- Residential
- Paper Hanging
- Professional
- Expert with 40 yrs paint experience
- Interior & Exterior mobile homes



**For Free  
Estimate Call:  
780-475-0096  
Or  
780-910-0546**





Catholic Charities  
Catholic Social Services  
Sign of Hope

# Parenting in 2 Cultures

**When: 6 Tuesday evenings, 6:00pm – 9pm**

**April 9, 16, 23, 30 May 7, 14, 2013**

**Where:** Catholic Social Services, Immigration and Settlement Service  
Central Office, 10709 – 105 Street, Room 106

**Childminding provided, as well as small refreshments**

*The expectation is that participants will participate in all 6 sessions  
and will then receive a certificate.*

The Parenting in 2 Cultures program will provide an opportunity for immigrant/ refugee parents to:

- Investigate how to parent effectively in the Canadian context while drawing strength from your own ethnic identity.
- Find ways to build relationships with your children, that are trusting and supportive.
- Discover opportunities to effectively communicate in our families and communities.
- Take the time to think about parenting and discuss the choices we have, when it comes to our children and parenting.
- Explore parenting strategies and problem solving from each other.
- Learn about Positive Discipline and find ways to apply it in your specific family environment.
- Increase awareness on the issue of family violence
- Strengthen support networks by connecting with other parents

**Husbands, wives, grandparents everybody is welcome!**

For further information and/or to obtain a registration form, please contact:

Isolde Schmid at: 780-424-3545, ext. 2775 (direct line: 780-391-3267)

[isolde.schmid@catholicsocialservices.ab.ca](mailto:isolde.schmid@catholicsocialservices.ab.ca)

Please complete a registration form and email or fax it to Isolde Schmid

Fax: 780-425-6627 **by Tuesday, April 2, 2013.**

**Registration is on a first-come, first-serve basis.**



# the Pooch Page

To book an appointment call  
780-406-7797  
Or email:



[itsadogslifegroomingsalon@gmail.com](mailto:itsadogslifegroomingsalon@gmail.com)

Located in the strip mall beside Country Hills Homes

## APRIL SPECIALS:

\$10.00 off all full grooms

Or

\$5.00 off full groom with free breakage repair/shed release conditioning (total \$10 value)

We use quality products and offer a clean, safe environment for your pet.



Drop your entry off to the EECA Hall, the Youth Centre or It's a Dog's Life Grooming Salon by April 20th

Presents:  
1st Annual  
Spring Fling  
Doggie Fashion Show  
Saturday, May 25th, 2013  
At the EECA Hall  
Prizes Awarded



Some categories will be:

- Cutest
- Funniest
- Best matched owner and dog

PRE-Registration by April 20th,  
Fee: \$2 EECA Members/\$5 non-members

Please register me and my dog for the EECA Spring Fling Doggie Fashion Show.

Your name: \_\_\_\_\_

Dog's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Breed: \_\_\_\_\_

Membership Number: \_\_\_\_\_

☐ Small Breed

☐ Medium Breed

☐ Large Breed

## Plants can be toxic to dogs...

Spring is coming, and with spring comes beautiful gardens. Here are a few plants that are toxic for dogs that you may have in and around your home:

These time-bombs range from being only mildly toxic (e.g., causing vomiting) to being responsible for more serious canine health problems. If you wish to err on the safe side, thoroughly research any vegetation, berries, etc. to which your canine friend has access.

This list of plants toxic to dogs is not intended to be complete.

### Toxic Vines

- English Ivy
- Morning Glory
- Wisteria Vines
- Clematis Vines
- American Bittersweet



### Perennial Flowers

- Foxglove
- Mums
- Lenten Rose
- Toxic Shrubs

### Shrubs

- Rose of Sharon
- Yew
- Holly
- Mountain Laurel
- Hydrangea Shrubs
- Burning Bush
- Azaleas and Rhododendrons
- Boxwood Shrubs
- Yellow Bird of Paradise (Caesalpinia gilliesii)
- Privet Bushes

### Trees

- Apple
- Washington hawthorn



### Bulbs

- daffodils.

### Hanging Plants

- lantana

### Foliage

- Castor Beans
- Elephant Ears
- Hosta
- Aloe Vera



### Weeds

- Yellow Dock
- Bittersweet Nightshade



If you know you have plants poisonous to dogs growing in your yard, it's a good idea to keep your dog from accessing them, perhaps via some type of fence. But seedlings (especially of weeds) can sprout up very quickly, so also be sure to monitor the grounds within the fencing, to ensure that it remains free of toxic intruders

View a more complete list at <http://www.aspc.org/pet-care/poison-control/plants/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Easter Monday</b>	<b>2</b> Seniors Quilters/ Crafters 1pm; Karate 6:30 pm	<b>3</b> TOTS 10; Seniors Meeting/Bingo 7 pm	<b>4</b> Crib Drop In 7 pm	<b>5</b> 	<b>6</b> Darts Play Offs 7 pm  Community League Free Swim 2-4
<b>7</b> Community League Free Swim 2-4 pm ACT Karate 3 pm; TOPS 6:45 pm	<b>8</b>	<b>9</b> Seniors Quilters/ Crafters 1pm; Karate 6:30 pm	<b>10</b> TOTS 10; Seniors Bingo 7 pm	<b>11</b> Crib Drop In 7 pm	<b>12</b> 	<b>13</b> Seniors Omelets Breakfast 10 am  Darts Banquet 7pm
<b>14</b> Community League Free Swim 2-4 pm ACT Karate 3 pm; TOPS 6:45 pm	<b>15</b> Garden Club 6:30 pm 	<b>16</b> Seniors Quilters/ Crafters 1pm; Karate 6:30 pm	<b>17</b> TOTS 10; Seniors Bingo 7 pm	<b>18</b> Crib Drop In 7 pm	<b>19</b> 	<b>20</b> Community League Free Swim 2-4 pm Londonderry
<b>21</b> Community League Free Swim 2-4 pm ACT Karate 3 pm; TOPS 6:45 pm	<b>22</b>	<b>23</b> Seniors Quilters/ Crafters 1pm; Karate 6:30 pm	<b>24</b> TOTS 10; Seniors Crib 7 pm	<b>25</b> Crib Drop In 7 pm	<b>26</b> 	<b>27</b> Garden Club Open House Community League Free Swim 2-4 pm Londonderry
<b>28</b> Community League Free Swim 2-4 pm ACT  Karate 3 pm; TOPS 6:45 pm	<b>29</b>	<b>30</b> Seniors Quilters/ Crafters 1pm; Karate 6:30 pm	<b>Office Hours (subject to change):</b>  <b>Mon - Thurs 9am-3pm</b>  <b>Closed for lunch</b>  Wednesdays set aside for errands			